



## **PHYSICAL ACTIVITY:**

### ***Fun Physical Activities - Toddlers***



### **Best Practice Standards**

- For birth to 6 years, provide 2-3 occasions daily active play outdoors, weather permitting
- For toddlers, 60-90 minutes/8-hour day for moderate to vigorous physical activity
- For children birth to 6 years, 2 or more structured or adult-led activities or games that promote movement daily.

### **Age-Appropriate Movement Activities**

- Tip: Toddlers can walk forward and backwards both alone and in a circle, clap their hands, stomp their feet, march, jump in place, roll their hands as in "Row, Row, Row, Your Boat" song. They can also bend up and down, side to side. Have them move in 10-15 time blocks.
- **PATTY CAKE BODY PARTS GAME:** This can be done sitting or standing and is best if done to music or singing the patty cake song.
- **1,2,3, CLAP:** Do a movement to the count of three and then clap. The movements can be swinging your arms up and down or side to side or from front to back. You can also jump, hop, march, jump legs apart or together, hands apart or together. Change the number after they have mastered this.
- Do these movements to music in any order, either combined or singularly: hopping on one foot, jumping, shaking their whole body, shaking body parts, or swinging their arms.
- Act out stories, pretend to be animals or anything that moves encourage imaginative play.